

From: [Arkin, Ronald C](#)
To: [Jessica Wyndham](#)
Subject: Fwd: Media request - Award for Scientific Freedom and Responsibility
Date: Friday, February 15, 2019 8:19:41 AM

Per your request..

Begin forwarded message:

From: Gayathri Vaidyanathan <gv2176@columbia.edu>
Subject: Media request - Award for Scientific Freedom and Responsibility
Date: February 12, 2019 at 3:26:32 AM EST
To: <arkin@cc.gatech.edu>

Dear Dr Arkin,
I'm a reporter exploring a story for [Nature](#) about the retraction of the Award for Scientific Freedom and Responsibility by AAAS awarded to two scientists who studied CKDu.

As you're a member of the committee, I was wondering I could talk to you to about the history of the award, and this particular case? I'd appreciate your help very much.

Kind regards,
Gayathri

--

[Gayathri Vaidyanathan](#) | Reporter | [@gayathriv](#)

From: [Arkin, Ronald C](#)
To: [Gayathri Vaidyanathan](#)
Cc: [Arkin, Ronald C](#)
Subject: Re: Media request - Award for Scientific Freedom and Responsibility
Date: Tuesday, February 12, 2019 6:22:17 AM

Thanks for the request. I've only been with the committee for one meeting thus far and we didn't discuss any awards at that time so I have no basis to comment.

- Ron

Ronald C. Arkin
Regents' Professor & Director of the Mobile Robot Laboratory
College of Computing
Georgia Institute of Technology Phone: (404) 894-8209
Atlanta, Georgia 30332-0280 Fax: (404) 894-0673
URL: <http://www.cc.gatech.edu/ai/faculty/arkin/>
Lab URL: <http://www.cc.gatech.edu/ai/robot-lab/>

On Feb 12, 2019, at 3:26 AM, Gayathri Vaidyanathan <gv2176@columbia.edu> wrote:

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Gayathri

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[Gayathri Vaidyanathan](#) | Reporter | @gayathriv

From: [Gayathri Vaidyanathan](#)
To: [Arkin, Ronald C](#)
Subject: Media request - Award for Scientific Freedom and Responsibility
Date: Tuesday, February 12, 2019 3:27:12 AM

Dear Dr Arkin,

I'm a reporter exploring a story for [Nature](#) about the retraction of the Award for Scientific Freedom and Responsibility by AAAS awarded to two scientists who studied CKDu.

As you're a member of the committee, I was wondering I could talk to you to about the history of the award, and this particular case? I'd appreciate your help very much.

Kind regards,
Gayathri

--

[Gayathri Vaidyanathan](#) | Reporter | @gayathriv

From: Robert Knotts
To: [Arkin, Ronald C](#)
Subject: DC Buzz -- Updates from Washington
Date: Wednesday, January 23, 2019 5:00:47 PM

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DC BUZZ

Updates from Washington

DC Buzz | January 22, 2019 | Prepared by Lewis-Burke Associates LLC

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[Contact us](#) with information on upcoming advisory committee meetings, engagements with decision-makers and congressional personnel, and visits by federal leaders to campus.

Agency Updates

[NIH: Funding Opportunity: NIMHD Announces Health Disparities Research Institute for Early-Stage Investigators](#)

The National Institute on Minority Health and Health Disparities (NIMHD) announced it will host the Health Disparities Research Institute (HDRI) on August 12-16, 2019 at the NIH campus in Bethesda, Maryland. The HDRI is focused on...

[DOD: Funding Opportunity: CDMRP Releases FY 2019 Peer Reviewed Medical Research Program Solicitations](#)

The Department of Defense (DOD) Congressionally Directed Medical Research Program (CDMRP) released its fiscal year (FY) 2019 Peer Reviewed Medical Research Program (PRMRP) solicitations. In FY 2019, Congress allocated...

[DOE: Funding Opportunity: DOE Solicits Proposals for Materials and Chemical Sciences Research for Quantum Information Science](#)

On January 16, the U.S. Department of Energy (DOE) released the first fiscal year (FY) 2019 quantum information science (QIS) funding call. The Office of Basic Energy Sciences (BES) within the DOE Office of Science (SC) issued...

Agency Updates

[NIH: Funding Opportunity: NIMHD Announces Health Disparities Research Institute for Early-Stage Investigators](#)

The National Institute on Minority Health and Health Disparities (NIMHD) announced it will host the Health Disparities Research Institute (HDRI) on August 12-16, 2019 at the NIH

campus in Bethesda, Maryland. The HDRI is focused on supporting professional development of early-career minority health and health disparities researchers through lectures on current research in the field, mock grant reviews, meetings with NIH staff, and other seminars and discussions. Sessions will discuss best practices in health disparities research and advice on developing research interests into grant applications.

Applications will be accepted in early February 2019. “Post-doctoral fellows, assistant professors, or early-stage investigators in comparable research positions who are actively engaged in minority health and health disparities research and who plan to submit a K or R grant to NIH within the next 12 months” are eligible to apply. By attending this meeting, young investigators will have the opportunity to network with NIH program officers specializing in health disparities research.

Sources and Additional Information:

- Additional information, including selection criteria, can be found at <https://bit.ly/2Hr7Bqu>.

DOD: Funding Opportunity: CDMRP Releases FY 2019 Peer Reviewed Medical Research Program Solicitations

The Department of Defense (DOD) Congressionally Directed Medical Research Program (CDMRP) released its fiscal year (FY) 2019 Peer Reviewed Medical Research Program (PRMRP) solicitations. In FY 2019, Congress allocated \$350 million for PRMRP in 49 topic areas.

Information on each of the funding mechanisms and a list of the FY 2019 topic areas is listed below. Those interested should carefully review the submission requirements for each funding mechanism. Additionally, interested applicants should review the “Areas of Encouragement,” in the appendix of each solicitation, for details on DOD interests in the listed topic areas.

Funding Mechanisms:

- The **Discovery Award** supports the exploration of a highly innovative new concept or untested theory in the topic area(s) of interest. Postdoctoral or clinical fellow and above are eligible.
 - **Pre-Application Deadline:** March 28, 2019; 5:00 PM Eastern Time (ET)
 - Solicitation details are available at www.grants.gov under solicitation number “W81XWH-19-PRMRP-DA.”
- The **Focused Program Award** supports multidisciplinary research with multiple investigators, addressing an overarching goal in the topic area(s) of interest. Projects may range from exploratory/hypothesis development through small-scale clinical trials.
 - **Pre-Application Deadline:** March 14, 2019; 5:00 PM ET

Solicitation details are available at www.grants.gov under solicitation number "W81XWH-19-PRMP-FPA."

- The **Investigator-Initiated Research Award** supports novel research and allows for partnering of primary investigators.
 - **Pre-Application Deadline:** March 14, 2019; 5:00 PM ET
 - Solicitation details are available at www.grants.gov under solicitation number "W81XWH-19-PRMRP-IIRA."
- The **Technology/Therapeutic Development Award** supports the translation of preclinical findings into clinical applications for prevention, detection, diagnosis, treatment, or quality of life in the topics area(s) of interest. This is a product-oriented award.
 - **Pre-Application Deadline:** March 14, 2019; 5:00 PM ET
 - Solicitation details are available at www.grants.gov under solicitation number "W81XWH-19-PRMRP-TTDA."
- The **Clinical Trial Award** supports the implementation of clinical trials to evaluate products, pharmacologic agents, devices, clinical guidance and emerging approaches and technologies that may significantly impact one of the diseases listed under the FY 2019 PRMRP topic areas.
 - **Pre-Application Deadline:** March 14, 2019; 5:00 PM ET
 - Solicitation details are available at www.grants.gov under solicitation number "W81XWH-19-PRMRP-CTA."

Topic Areas: (* denotes new topics for FY 2019)

- Acute Lung Injury
- Antimicrobial Resistance
- Arthritis
- Burn Pit Exposure
- Cardiomyopathy
- Cerebellar Ataxia
- Chronic Migraine and Post-Traumatic Headache
- Congenital Heart Disease
- Constrictive Bronchiolitis
- Diabetes
- Dystonia
- Eating Disorders
- Emerging Infectious Diseases
- Epidermolysis Bullosa
- Focal Segmental Glomerulosclerosis
- Frontotemporal Degeneration
- Guillain-Barré Syndrome
- Hemorrhage Control*
- Hepatitis B
- Hereditary Angioedema

- Hydrocephalus
- Immunomonitoring of Intestinal Transplants
- Inflammatory Bowel Diseases
- Interstitial Cystitis
- Lung Injury
- Metals Toxicology
- Mitochondrial Disease
- Musculoskeletal Disorders
- Myotonic Dystrophy
- Nanomaterials for Bone Regeneration*
- Nutrition Optimization
- Pancreatitis
- Pathogen-Inactivated Blood Products
- Polycystic Kidney Disease*
- Post-Traumatic Osteoarthritis
- Pressure Ulcers
- Pulmonary Fibrosis
- Resilience Training*
- Respiratory Health
- Rett Syndrome
- Rheumatoid Arthritis
- Scleroderma
- Sleep Disorders
- Spinal Muscular Atrophy
- Tinnitus
- Tissue Regeneration
- Tuberculosis
- Vascular Malformations
- Women's Heart Disease

Review Process:

Although Congress decides which topic areas are funded, DOD program managers and Joint Program Committees (JPCs) retain authority in program directions and are influential in shaping the direction of CDMRP programs. CDMRP employs a rigorous two-tier review process: scientific, peer review and programmatic review. The programmatic review is intended to address the relevance of the proposed research to DOD's needs; therefore, it is important for both the pre-application and the full proposal to consider the topic area in relation to the mission of DOD and the "Areas of Encouragement" described in the appendix of each solicitation. Additional information about the two-tier review process is available at: <https://bit.ly/2I5bjVC>. Additionally, the members of the Programmatic Review Panel are available at <https://bit.ly/2T4v1De>.

Sources and Additional Information:

- A reference table for the award mechanisms and submission requirements can be found at <https://bit.ly/2TdkndH>.
- Additional information on PRMRP is available at <https://bit.ly/2B05Men>.

DOE: Funding Opportunity: DOE Solicits Proposals for Materials and Chemical Sciences Research for Quantum Information Science

On January 16, the U.S. Department of Energy (DOE) released the first fiscal year (FY) 2019 quantum information science (QIS) funding call. The Office of Basic Energy Sciences (BES) within the DOE Office of Science (SC) issued a \$45 million Funding Opportunity Announcement (FOA) soliciting proposals from research universities and National Laboratories for materials and chemical sciences research related to QIS. Proposals must address one of two specific topics: Quantum Computing in Chemical and Materials Sciences; and Next-Generation Quantum Systems. Both solicitations specify that DOE will only support basic experimental and/or theoretical research as part of this effort. Proposals focused on engineering and/or device design are explicitly discouraged. Required pre-applications are due **February 13, 2019**.

The success rate for the first round of BES awards in FY 2018 was below 20 percent and this second FOA is intended to further expand BES' portfolio in quantum materials and chemistry. Since a larger share of awards in FY 2018 were in quantum materials, DOE plans to fund a greater share of awards in quantum chemistry. Future awards emphasizing quantum chemistry and correlated electron systems are seen as the most likely early applications for quantum computing. In particular, investments in quantum chemistry are divided into two categories:

- Opportunities for chemical sciences to advance QIS which involve designing and creating tunable qubits; developing probes such as nonlinear, ultrafast x-ray spectroscopies of quantum phenomena; and contributing to the understanding of fundamental principles of quantum phenomena for quantum control; and
- Opportunities to exploit QIS for chemical sciences which involve quantum sensing of chemical processes (e.g., coherence in photosynthesis) and quantum computing.

This is the second QIS-focused solicitation from BES and is part of a larger, SC-wide effort aimed at advancing QIS research relevant to the agency's mission needs. These activities will also serve to establish a broader QIS research community capable of sustaining up to five large-scale, QIS research and development centers that DOE plans to establish in FY 2020. DOE plans to release additional QIS-focused solicitations over the next several months through its other program offices, including Advanced Scientific Computing Research, High Energy Physics, and Nuclear Physics.

DOE is becoming the largest source of federal funding for QIS, a trend that is being driven by the agency's involvement in the National Quantum Initiative (NQI). DOE awarded \$105 million for QIS research for universities and National Laboratories in FY 2018 and plans to increase its investments over the next several years. DOE's unique role in the NQI is

defined by SC's status as the largest federal sponsor of physical sciences and its network of National Laboratories and user facilities. The NQI is being overseen and coordinated by the White House Office of Science and Technology Policy, and also involves QIS research activities within the National Science Foundation and National Institute of Standards and Technology.

Funding: Subject to appropriations, DOE has allocated \$15 million each year over three years to support up to 20 awards under both the FOA and a separate National Laboratory Announcement (NLA). DOE expects to support a mix of single investigators/small groups and larger teams. The former will be funded at \$150,000-\$500,000 annually while the latter will be funded at \$500,000-\$1.5 million annually.

Performance Period: The performance period for each award will range between 12 and 36 months. Continuation funding after the first year will be contingent upon the availability of appropriations, scientific progress, and administrative and contract compliance.

Eligibility: All types of institutions, with the exception of Federal Funded Research and Development Centers, are eligible to apply through the FOA. DOE National Laboratories are eligible to apply through the NLA.

Cost Sharing: Cost-sharing is not required.

Important Deadlines:

- Pre-applications – **February 13, 2019**
- Full Proposals – **May 3, 2019**

Sources and Additional Information:

- The FOA is available at <https://bit.ly/2HrQrJg>.
- The NLA is available at <https://bit.ly/2UcZdfP>.
- Interested proposers should consult the two reports that correspond to the abovementioned research topics. These include:
 - *Basic Energy Sciences Roundtable on Opportunities for Quantum Computing in Chemical and Materials Sciences*, available at <https://bit.ly/2JeF97R>; and
 - *Basic Energy Sciences Roundtable on Opportunities for Basic Research for Next-Generation Quantum Systems*, available at <https://bit.ly/2EerzxD>.
- A list of FY 2018 BES QIS awards are available at <https://bit.ly/2QAGBVp>.

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Atlanta, GA 30332

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From: rab-request@lists.gatech.edu on behalf of [Yarbrough, Lucy](#)
To: ["rab@lists.gatech.edu"](mailto:rab@lists.gatech.edu)
Subject: [rab] FW: DoD Peer Reviewed Medical Research Program Funding Opportunities
Date: Wednesday, January 16, 2019 1:47:45 PM

FYI

Lucy

LUCY K.YARBROUGH
Contracting Officer
Office of Sponsor Programs
Georgia Institute of Technology
505 Tenth St, N.W.
Atlanta, GA 30332-0420
Email: lucy.yarbrough@osp.gatech.edu
Phone: 404-385-2084
FAX: 404-894-6956

From: Metttert-Young, Jennie L CTR USARMY MEDCOM CDMRP (US) [<mailto:jennie.l.metttert-young.ctr@mail.mil>]
Sent: Wednesday, January 16, 2019 11:37 AM
To: USARMY Ft Detrick MEDCOM CDMRP Mailbox CDMRP Public Affairs <usarmy.detrick.medcom-cdmrp.mbx.cdmrp-public-affairs@mail.mil>
Subject: DoD Peer Reviewed Medical Research Program Funding Opportunities

**Defense Health Program
Department of Defense Peer Reviewed Medical Research Program
Funding Opportunities for Fiscal Year 2019 (FY19)**

The FY19 Defense Appropriations Act provides \$350 million (M) to the Department of Defense Peer Reviewed Medical Research Program (PRMRP) to support or medical research projects of clear scientific merit and direct relevance to military health. As directed by the Office of the Assistant Secretary of Defense for Health Affairs, the Defense Health Agency (DHA), J9 Research and Development Directorate manages the Defense Health Program (DHP) Research, Development, Test and Evaluation (RDT&E) appropriation. The managing agent for the anticipated Program Announcements/Funding Opportunities is the Congressionally Directed Medical Research Programs (CDMRP).

FY19 PRMRP Program Announcements and General Application Instructions for the following award mechanisms are posted on the Grants.gov website.

The vision and mission of the PRMRP is improve the health, care, and well-being of all military Service members, Veterans, and beneficiaries by encouraging, identifying, selecting, and managing medical research projects of clear scientific merit and direct relevance to military health.

Congressionally Directed Topic Areas: All applications submitted to the PRMRP must address at least one of the FY19 PRMRP Congressionally directed topic areas. The FY19

PRMRP Topic Areas are as follows:

- Acute Lung Injury
- Antimicrobial Resistance
- Arthritis
- Burn Pit Exposure
- Cardiomyopathy
- Cerebellar Ataxia
- Chronic Migraine and Post-Traumatic Headache
- Congenital Heart Disease
- Constrictive Bronchiolitis
- Diabetes
- Dystonia
- Eating Disorders
- Emerging Infectious Diseases
- Epidermolysis Bullosa
- Focal Segmental Glomerulosclerosis
- Frontotemporal Degeneration
- Guillain-Barré Syndrome
- Hemorrhage Control
- Hepatitis B
- Hereditary Angioedema
- Hydrocephalus
- Immunomonitoring of Intestinal Transplants
- Inflammatory Bowel Diseases
- Interstitial Cystitis
- Lung Injury
- Metals Toxicology
- Mitochondrial Disease
- Musculoskeletal Disorders
- Myotonic Dystrophy
- Nanomaterials for Bone Regeneration
- Nutrition Optimization
- Pancreatitis

- Pathogen-Inactivated Blood Products
- Polycystic Kidney Disease
- Post-Traumatic Osteoarthritis
- Pressure Ulcers
- Pulmonary Fibrosis
- Resilience Training
- Respiratory Health
- Rett Syndrome
- Rheumatoid Arthritis
- Scleroderma
- Sleep Disorders
- Spinal Muscular Atrophy
- Tinnitus
- Tissue Regeneration
- Tuberculosis
- Vascular Malformations
- Women's Heart Disease

<https://cdmrp.army.mil/funding/prmrp>

Clinical Trial Award – Preproposal due March 14, 2019

- Assistant Professor level or above (or equivalent)
- Preproposal submission is required; application submission is by invitation only.
- Supports the rapid implementation of clinical trials of novel interventions with the potential to have a significant impact on patient care in the topic area(s) of interest.
- Proposed projects may range from small proof-of-concept trials through large-scale, definitive trials.
- Investigational New Drug or Investigational Device Exemption applications, if needed, should be approved by the Food and Drug Administration before the PRMRP application submission deadline.
- A copy of the FDA Acknowledgement letter and meeting minutes, if applicable, should be submitted with the full application. If the trial will be conducted internationally, a copy of the relevant national regulatory agency approval should be submitted with the full application.
- No maximum funding limit; requested funding should be justifiable and appropriate for the scope of work proposed; budget will be considered during pre-application screening and will be a scored full application criterion.
- Maximum period of performance is **4** years

Discovery Award – Letter of Intent due March 28, 2019

- Postdoctoral fellow or clinical fellow (or equivalent) and above
- Supports the exploration of a highly innovative new concept or untested theory in the Topic Area(s) of interest.
- Not intended to support the logical progression of an already established line of questioning.
- Clinical trials will not be funded.
- Reviewers will be blinded to the identity of the Principal Investigator (PI), collaborator(s), and their organization(s).
- Maximum funding of **\$200,000** for direct costs (plus indirect costs)
- Maximum period of performance is **2** year

Focused Program Award – Preproposal due March 14, 2019

- Lead PI: Full Professor level or above (or equivalent)
- Project Leads: Assistant Professor level or above (or equivalent)
- Preproposal submission is required; application submission is by invitation only.
- Supports a synergistic, multidisciplinary research program of at least four distinct but complementary projects addressing an overarching goal in the Topic Area(s) of interest.
- Projects should work together to answer critical questions, resolve differing hypotheses, and translate laboratory findings to clinical applications.
- Projects may range from exploratory/hypothesis-developing through small-scale clinical trials that together will address the overarching goal/question.
- Research team of highly qualified, multidisciplinary project leaders should be led by a PI with demonstrated success in directing large, focused projects.
- Maximum funding of **\$7.2 million** for direct costs (plus indirect costs)
- Maximum period of performance is **4** years

Investigator-Initiated Research Award – Preproposal due March 14, 2019

- Assistant Professor level or above (or equivalent)
- Preproposal submission is required; application submission is by invitation only.
- Supports research that will make an original and important contribution to the field of research or patient care in the Topic Area(s) of interest.
- Partnering PI Option available.
- Clinical trials will not be funded.
- Maximum funding of **\$1.2 million** for direct costs (plus indirect costs); **\$1.5 million** for direct costs (plus indirect costs) for applications including a Partnering PI Option
- Maximum period of performance is **3** years

Technology/ Therapeutic Development Award – Preproposal due March 14, 2019

- Assistant Professor level or above (or equivalent)
- Supports the translation of promising preclinical findings into clinical applications for prevention, detection, diagnosis, treatment, or quality of life in the Topic Area(s) of interest.
- Product-oriented (e.g., device, drug, clinical guidelines). The product(s) to be developed may be a tangible item such as a pharmacologic agent (drugs or biologics) or device, or a

knowledge-based product.

- Clinical trials will not be funded.
- Preproposal submission is required; application submission is by invitation only.
- Maximum funding of **\$3.0 million** for direct costs (plus indirect costs)
- Maximum period of performance is **3** years

A pre-application is required and must be submitted through the electronic Biomedical Research Application Portal (eBRAP) at <https://eBRAP.org> prior to the pre-application deadline. All applications must conform to the final Program Announcements and General Application Instructions available for electronic downloading from the [Grants.gov](https://www.grants.gov) website. The application package containing the required forms for each award mechanism will also be found on Grants.gov. A listing of all CDMRP funding opportunities can be obtained on the Grants.gov website by performing a basic search using CFDA Number 12.420.

Applications must be submitted through the federal government's single-entry portal, [Grants.gov](https://www.grants.gov). For email notification when Program Announcements are released, subscribe to program-specific news and updates under "Email Subscriptions" on the eBRAP homepage at <https://eBRAP.org>. For more information about the PRMRP or other CDMRP-administered programs, please visit the CDMRP website (<http://cdmrp.army.mil>).

Point of Contact:

CDMRP Help Desk

301-682-5507

help@eBrap.org

From: [Arkin, Ronald C](#)
To: [Michaelle Arkin](#)
Subject: Re: no more doubles
Date: Tuesday, July 24, 2018 9:15:39 PM

!!!!!!!

Sent from my iPhone

On Jul 24, 2018, at 4:53 PM, Michaelle Arkin <meesh49a@gmail.com> wrote:

Link between coffee and cholesterol

Several studies over the past decade have shown a link between coffee and cholesterol. According to one study, coffee oils (known as diterpenes) such as cafestol and kahweol are to blame. Coffee oils are naturally found in caffeinated and decaffeinated coffee.

Research indicates that cafestol affects the body's ability to metabolize and regulate cholesterol. According to a [meta-analysis](#) of controlled studies on coffee and cholesterol, coffee oils may decrease bile acids and neutral sterols. This may lead to increased cholesterol. Researchers concluded that cafestol is the "most potent cholesterol-elevating compound identified in the human diet."

If you have a genetic mutation that slows down coffee metabolism in your body, and you drink two or more cups of coffee a day, your risk of heart disease may be higher.

Why your coffee brew matters

Coffee oils are most potent in coffees where the grounds have the longest contact with the water during brewing. A French press, which brews coffee by continually passing water through the grounds, has been shown to have greater concentrations of cafestol. Brewing in an American-style coffee pot with a filter, on the other hand, has relatively low levels, as the beverage is only passed through the grounds once. Most of the cafestol is left behind in the filter no matter what the roast. Another [study](#) found that Turkish-style simmered coffee and Scandinavian-style boiled coffee had the highest amount of diterpenes. Instant coffee and drip-brewed coffee had "negligible" amounts, and espresso had intermediate amounts.

[Research](#) has shown that drinking five cups of coffee daily from a French press brewing method can increase blood cholesterol levels by 6 to 8 percent.

Benefits of drinking coffee

Unless you're drinking significant amounts of unfiltered or French press coffee on a daily basis, raised cholesterol levels shouldn't be much of a concern — at least, not when it comes to coffee. On the contrary, coffee may be able to deliver numerous health benefits.

According to the Mayo Clinic, studies have found no significant connection between coffee and increased risks of heart disease and cancer. Earlier studies that found a link did not consider other high-risk behaviors common in coffee drinkers, such as smoking and lack of exercise. Research has, however, indicated a link between coffee consumption and decreased mortality rate.

Coffee has also been associated with protection against diseases such as type 2 diabetes, liver disease, Parkinson's, and depression.

Warnings and risks

Perhaps some of the most relevant questions about coffee's effects lie in its energy and mood-boosting element: caffeine. After all, it's why many of us drink coffee in the first place.

Caffeine is a stimulant. Too much can cause jitters, insomnia, headaches, upset stomach, and anxiety. Some people are particularly sensitive to the effects of caffeine. These people may want to limit how much coffee they drink, or switch to decaffeinated.

Caffeine may worsen some conditions, such as:

- insomnia
- anxiety

- depression
- high blood pressure
- heart problems such as arrhythmias
- kidney problems
- chronic stomach issues

There's some [evidence](#) that women who drink large amounts of caffeine may have a higher risk of osteoporosis. Caffeine may interact with some medications or herbs. Use with caution if you take:

- quinolone antibiotics such as ciproflaxin and norfloxacin
- asthma medications such as theophylline
- depression medications
- anticoagulant medications
- stimulant drugs including decongestants
- echinacea
- weight loss pills containing caffeine
- pain relievers containing caffeine

Caffeine isn't only found in coffee. It's also in black tea, green tea, chocolate, energy drinks, and even one type of [jerky](#).

Takeaway

No matter how you brew it, coffee isn't going anywhere. It's one of the most popular beverages worldwide. While there's reason to be concerned about coffee raising cholesterol, there's no need to panic. You may reduce the risk by drip-brewing your coffee and enjoying French-pressed or boiled coffee and espresso in moderation. If you have high cholesterol, drink drip-brewed coffee in moderation. Talk to your doctor to about any concerns you have.

HEALTHLINE PARTNER SOLUTIONS

Check Your Cholesterol and Lipid Levels at Home

Determine your risk of cardiovascular disease, heart attack, and stroke with this self-test kit. It's simple, affordable, and delivered right to your home. Save 15% now.



Article resources

FEEDBACK:

Medically reviewed by [Mark R Laflamme, MD](#) on March 29, 2016 — Written by Anna Schaefer and Annette McDermott



--
Michaelle Arkin
Atlanta, Georgia

HOPE
is the thing with feathers that perches
in the soul and sings the tune
without the words
and never stops
at all

-Emily Dickinson